



SECTION TWO

Test Diets and Diets of Limited Duration

Diet manual

PET Scan Breakfast or Lunch

General Description

These test meals are used in preparation for the Pet Scan. The major consideration is limiting overall intake or carbohydrate, particularly simple sugars. Caffeine is often eliminated as well due to dietary restrictions required by other protocols.

Indications for Use

The Nuclear Medicine Department recommends that patients be NPO except water 4-6 hours prior to their Pet Scan. If the scheduling of the Pet Scan allows for the patient to have breakfast or lunch (i.e., Pet Scan is scheduled 4-6 hours after breakfast or lunch meal service), then the breakfast or lunch should be ordered as indicated below. Patients can resume their normal diet following the Pet Scan.

Guidelines

- No sugar will be provided with Pet Scan Meal.
- Caffeine will be eliminated.

Suggested (Sample) Breakfast

Scrambled Egg X2
1 Slice White Toast
1 Margarine
1 Carton 2% Milk

Suggested (Sample) Lunch

Turkey on White Bread
1 Carton 2% Milk
1 Mustard